Dear Families

This week we were delighted to welcome the Altona kindergarten students to our college. The visit replaced their usual kinder session for the week. They arrived full of excitement and eagerly participated in a Perceptual Motor Program (PMP) in our gym. Our Year 9 students supported them through the activities including running through ladders, around poles, rolling a large ball, climbing through tunnels and up and down stairs. The smiles said it all. They also spent time in the Kinda Kinder space and sharing reading time with our current preps. The staff and parents in attendance certainly appreciated the welcome and the opportunity it offered their children. The playground time was certainly well received.

Next term Mrs Elmer will oversee our new pre-prep program. This will run for 2 hours each week, August to December with a focus on language and numeracy skills. The program is free in term three for all interested families and in term four for all children enrolled for 2015. If you know of children ready for school in 2015, please pass on this information. If you have children ready for Prep don't forget to pick up an enrolment form from the office. We certainly don't want any children missing out.

Yesterday afternoon I was delighted to meet Tabatha and Jazz, two of our past Year 9 students. It was lovely to hear how much they were enjoying their new senior secondary school and their reflections on their time at our college. Students who return always talk about how everyone here knew who they were and called them by name. They shared stories on the students we knew and the connections they still share, even if it is just saying hello as they pass in the yard. They also spoke excitedly of undertaking exams, presentations etc with great confidence. They truly do reflect the confident young people we develop at our college and give us all a sense of pride in our achievements. Two students from 2012 also visited the college this week and shared their transition stories with our current Year 9 students. This certainly supports the students as they exit the college and we hear from the senior providers how our students are well prepared for the years ahead.

I would like to thank Mr McGee, Ms Wiffen and Mr Moore who have nurtured our students' engagement in the areas of History, Economics and Civics. The new Australian curriculum has seen a change to the way the content and skills are presented in Years 7, 8 and 9. Our teachers have offered after school tutorials on the content to assist students to prepare for exams and we have had most students in attendance. The staff has invited our Year 8 students to a movie night in the last week of term to view a fictional presentation of a period in history.

Our Year 9 leaders continue to do an outstanding job running snack sales through the canteen at recess and lunch as part of their study of economics. The money raised will contribute to new AFL goals for the oval.

On behalf of the college I extend congratulations to Ms Emilie Wendt our Music teacher. Emilie recently travelled overseas for an audition and has been accepted into the Master of Music (French Horn) in Finland. This has been a dream Emilie has pursued for many years and I congratulate her on this success and look forward to hearing about the new chapter of her life. She will finish at the college at the end of term. A new staff member will be in place at the commencement of term 3.

Our students have certainly been engaged in a number of extra-curricular activities throughout the term including; Wyspeak, the Spartan Race, inter-school and state sporting events, Leading Lights, Junior School Council, Student Representative Council or personal endeavours. These certainly enrich our curriculum and the learning opportunities for our students. Information was sent out to families this week on the Year 3 to 6 camp that is scheduled for October.

The end of term is fast approaching with school ending on Friday 27th June. On that day school will finish with an assembly. The students will be dismissed at 2:15pm

I will be taking leave from the 25th of June until 28th July as I will be travelling overseas. During my absence Mr Kelly will be Acting Principal. There will be a newsletter distributed on the last day of term to families.

Julie Krause
Principal
STUDENT WELLBEING NEWS

Recently, I had the great pleasure and privilege to represent Altona P-9 College at a Jenny Fox Eades Character Strengths Workshop. This two-day workshop led me to delve deeper into the realm of Character Strengths and their place within education. I am proud to say that the college staff have shown considerable attention to Character Strengths and their place within our Positive Education programs.

Below, I have included a brief description of Wellbeing and its link to Character Strengths. I do this in the hope that you, our parent and student body, may connect to this way of viewing yourselves and others.

I have also attached links to a Character Strengths survey. This survey, takes around 20 minutes, is free, and provided you register your email address, will deliver a summary of your strengths.

Your top 5 strengths are said to be your 'Signature Strengths'. One way of recognising and reinforcing these strengths is to keep them in a prominent place (I have mine posted in my office, just above the screen of my laptop). This assists in affirming our strengths and also heightens our awareness of them.

SURVEY LINK
http://www.viacharacter.org/www/The-Survey

Well-being theory

Well-being has five measurable elements (PERMA) that count toward it:

- Positive Emotion (of which happiness and life satisfaction are all aspects)
- Engagements
- Relationships
- Meaning
- Achievement

_The connection between character strengths and well-being._

'Well-being theory is all about the five pillars, the underpinnings of the five elements is the strengths'(p-24-25)

_Taken from- Flourish: A Visionary New Understanding of Happiness and Well-Being. Seligman, M.E.P (2011)_

BREAKFAST CLUB SUPPORTS WINTER DAY

Breakfast Club is proud to announce its support for Winter Day. In recognition of this day, Breakfast Club will be moved from its Tuesday 17th June timeslot to be held on Wednesday 18th June. A special menu of pancakes will be served. Pancakes will be ready for consumption from approx. 8:10am. Thank you to the parents who have offered to volunteer on this morning. Looking forward to seeing everyone there.

Mrs Amanda Elmer
Student Wellbeing
PHYSICAL EDUCATION NEWS

ALTONA DISTRICT SCHOOL SPORTS ASSOCIATION: Primary Cross Country Carnival

On Tuesday 6th May our Primary School cross country team ran in the ADDSA cross country carnival. The event was held at Cherry Lake with students completing 2000m and 3000m events. All students did a fantastic job and it was great to see them commit to their fitness development during regular PE classes. Students earned their place on the team through their efforts in the Beep Test. This has been the largest team we have ever entered in the ADSSA Cross Country carnival.

HOBSONS BAY DIVISION: Secondary cross country carnival

On Monday 26th May our College running team participated in the Hobsons Bay Division Secondary Cross Country Carnival. The event was held at Cherry Lake in less than ideal weather conditions. Whilst it didn't rain like last year the strong head wind proved to be a challenge for all competitors on the day. College running team members trained 2 days a week before school in preparation for this event and all their hard work really paid off. We will be sending 10 competitions to the Western Metro Regional cross country finals at Brimbank Park on Thursday 12th June.

SCIENCE NEWS

Year 8's have been examining flowers that have different methods of pollination as part of their study of plant reproduction.

Mr Helmore
Science Teacher
ALTONA P-9 COLLEGE
WINTER DAY
WEDNESDAY 18TH JUNE

PHOTOS IN A SNOW SCENE
PIZZA LUNCH
GUESS THE SNOWFLAKES ON THE SNOWBALL
MAKE YOUR OWN SNOWGLOBE
PENGUIN BOWLING
TEDDY BEAR PARADE P-4
TOBOGGAN RACES
COME IN YOUR WINTER PYJAMAS

The Altona P-9 fundraising committee are putting together a winter CONNECTIONS event to help raise money for the AFL goals. We are asking students to come in their nice warm winter pyjamas (onesies, two piece flannelettes, dressing gowns—we suggest runners as the shoe of choice as some of the activities will involve running for a gold coin donation. Students will be given opportunities to work within their connections groups during the day with some activities free and some requesting gold coin donations.
Dick Smith OzeChoc hot chocolate with Pascall marshmallows during recess and lunch - gold coin
Pyjamas—gold coin
Teddy Bear Parade P-4—free
Penguin Bowling—free
Snow Globe Making—gold coin
Toboggan races—free
Snow scene photos (by an experienced photographer)—gold coin
Guess the snowflakes on the snowball—20 cent a guess
We will also be sending out a Pizza form which will allow children to order pizza for lunch for the day

This event will run from 11.15 until 1.10 and we would love parents to come and join in the fun and help out with the activities.

GREAT FUN! GREAT DAY! GREAT PRIZES!
Students are being given the opportunity to pre-order yummy pizza to enjoy at lunch time on Winter Day, Wednesday 18th June. Each slice will cost $1.50 and you can order as many slices as you like. Please make sure all orders and money are in **no later than 3pm on Monday 16th June—NO LATE ORDERS WILL BE ACCEPTED.**

If your child has allergies and you would like to order pizza please contact the office and they will pass on the details to the fundraising committee. Every effort will be made to ensure your child does not miss out.

Altona P-9 College  
FUNDRAISING COMMITTEE

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<th>Pizza</th>
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<td><strong>Margherita:</strong></td>
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<td>Napoli sauce, cheese, oregano</td>
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<td><strong>Tropicana:</strong></td>
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<td>Napoli sauce, cheese, ham, pineapple</td>
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<td><strong>Vegetarian:</strong></td>
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<td>Napoli sauce, cheese, onion, mushroom, capsicum, olives</td>
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<td><strong>Spaghetti:</strong></td>
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<td>Napoli sauce, spaghetti in traditional beef bolognaisce sauce, cheese</td>
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FUNDRAISING

WINTER DAY

Dear Parents and students,

On Wednesday 18th June we are holding a Winter Day at Altona P-9 College. On this day full of winter festivities we are asking for students to come to school in their favourite winter pyjamas—this only includes onesies, flannelette, tracksuit pants—all students must be covered. Sensible shoes MUST be worn at all times.

Please note that any student who comes dressed inappropriately for this event will have their parents/guardians contacted and sent home.

This is the first of many events and we are looking forward to a great day. Please make sure that students are dressed as outlined.

GUESS THE SNOWFLAKES ON THE SNOWBALL
20 cents a guess

With kind regards
Fundraising Committee

EVERY DAY COUNTS—SCHOOL ATTENDANCE

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

Missing school can have a major impact on a child’s future—a student missing one day a fortnight will miss four full weeks by the end of the year. By Year 10 they’ll have missed more than a year of school.

There is no safe number of days for missing school—each day a student misses puts them behind, and can affect their educational outcomes.

Coming to school every day is vital, but if for any reason your child must miss school, there are things we can do together to ensure they don’t fall behind:

- Speak with your classroom teacher and find out what work your child needs to do to keep up.
- Develop an absence learning plan with your teacher and ensure your child completes the plan.

Remember, every day counts. If your child must miss school, speak with your classroom teacher early as early as possible.

From 1 March 2014, new laws will mean that parents can be fined for not sending students to school without an acceptable reason.

If you’re having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.
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<td>Rockband Afterschool</td>
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<td>QUEENS BIRTHDAY PUBLIC HOLIDAY Pupil Free Day</td>
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<td>Year 7-9 Boys Soccer Comp Year 7-9 Girls Netball Comp</td>
<td>Winter Day</td>
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<td>End of Term 2</td>
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The Benefits of Music Education

Neuroscientists have demonstrated that learning to play an instrument or sing leads to changes in a child's brain that make it more likely they will reach their full cognitive and academic potential.

→ Stronger connections between brain regions
→ More grey matter
→ Improved brain structure and function
→ Better memory and attention
→ Higher IQ

Speech and Reading
Young children taking music lessons showed dramatic improvement in their verbal intelligence after only four weeks of music training.¹

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<td>Music Group before training</td>
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<td>Visual Arts Group after training</td>
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Academic Success
The quality of a child's music education is linked to their academic achievement.²

Elementary school students in higher quality music education programs had 20% improvement in standardized tests of English and math.²

Cognitive Benefits of Music Education

Working Memory
Individuals who are musically trained show better working memory abilities than those who are not. Working memory allows us to remember things and is crucial to mental arithmetic and reading comprehension.⁶

Creativity
Scientists found a marked difference in communication between the right and left sides of the brain, which foster creativity, in individuals with musical training than in those without.⁵

IQ
In a study conducted through the University of Toronto, researchers showed greater increases in full-scale IQ scores among children in music lessons versus children in drama lessons or no extra lessons at all.³

"The theory of relativity occurred to me by intuition, and music is the driving force behind this intuition. My parents had me study the violin from the time I was six. My new discovery is the result of musical perception." Albert Einstein

To download "The Benefits of Music Education" please visit rcmusic.ca/resources
Learn A Musical Instrument Here At Your Primary School!

- Music improves teamwork and social skills!
- Music builds confidence and self-esteem!
- Music encourages self-expression!
- Music improves memory, concentration and learning!
- Music is fun!
- Music makes you smarter!

ENROL ONLINE TODAY!
www.abcmusicgroup.com.au
Ph: 9427 9949 or pick up an enrolment form from your school office

ABC Music Group
Making music in schools as simple as ABC!
Welcome to Camp Australia Before, and After School Care

Our Lego Day is on this Friday after school in the After Care room. There will be a display of some Lego pieces and a chance to learn new things about Lego from Sue Ann. There are still some places for the workshop so please SMS me at the above number if you want to join us. Children will need to come with a parent or carer.

Camp Australia is working alongside the Alannah and Madeline Foundation to help prevent bullying. We have our own Buddy Dog and we will be doing craft activities to help build friendships in our group and to show that bullying is wrong. Next term we will be making a quilt together.

Lego Day today
Buddy system
Loom Bands
Holiday Clubs

by Camp Australia all over the country. Those nearest to Altona are Kingsville Primary School, Westbourne Grammar Primary School, Stella Maris, and Footscray Primary School. To enrol go to the address on the right. I will work at Westbourne Grammar, Truganina.

Holiday clubs have been organised

Remember to enrol now with us so that when you need us you just need to book. And do come and visit us to see what we do. Perhaps you and your children could come for a play date to try us out.

Natalie MacLachlan, Coordinator

HOW TO GET STARTED
Before using our program registers online for an account. This enables you to make bookings, view your statements and manage your details anytime of the day. Registering is quick and easy. Visit


Once registered
You can make bookings and cancellations, view your statements and manage your details anytime of the day.

Save on Care
Save 50% or more on Before and After School Care with the Child Care Rebate. Almost all families are eligible. To find out more call our Customer Service Team on 1300 105 343

Holiday Clubs
Don’t forget about the Camp Australia Holiday Clubs these school holidays. Use the Holiday Club Finder on the website to find the nearest program:


Healthy Snacks
Afternoon tea is served daily. Menus are tailored to children's tastes, developmental and nutritional needs. Afternoon tea includes a selection of yummy sandwiches and fruit. Children may also engage in fun cooking activities.

we make kids smile
www.campaustralia.com.au
FREE PLAY GROUP FOR YOUR CHILD

KINDA KINDER

Enhance your child’s learning and development of literacy, numeracy and socialising skills through play and fun activities:

- For children 0-6 years old
- One hour per week; no need to book
- As a parent, you also participate (and must be in attendance)
- Led by Victoria University students doing the Bachelor of Education (Early Childhood/Primary)
- With the support of primary schools and local government.

**Starting date: Every Tuesday 9:15am till 10:15am.**

To be held at Altona P-9 College:

103A Grieve Parade
Altona
VIC 3018

Faculty of Arts, Education and Human Development
Phone: 9919 2037
Email: natalie.venuccio@vu.edu.au

vu.edu.au
CRICOS Provider No. 00124K
5130 03.11

VICTORIA UNIVERSITY
MELBOURNE AUSTRALIA